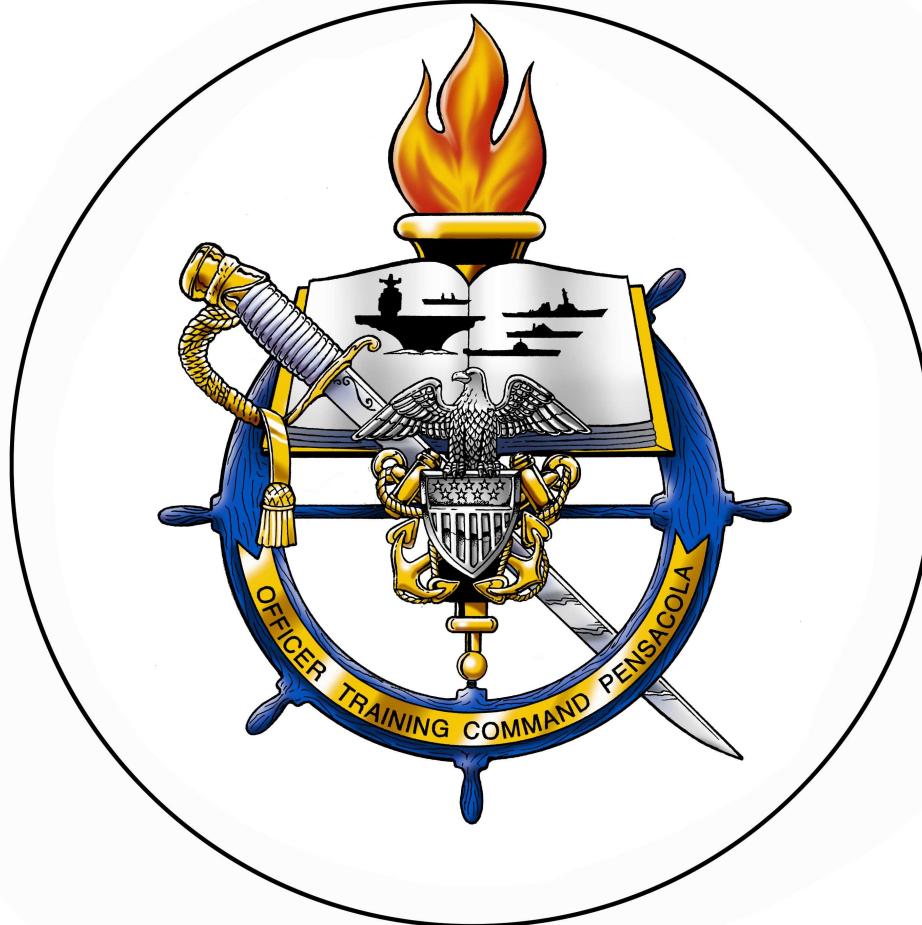
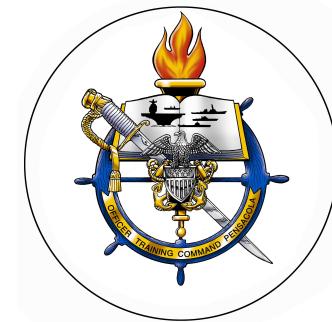


Officer Training Command -

Physical Readiness Standards



Physical Readiness Standards

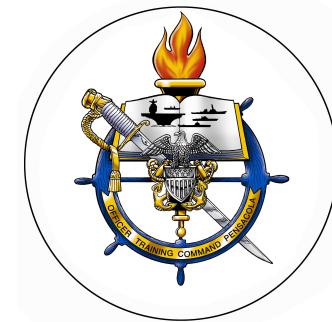


Physical Training Objectives

The Navy considers a physically fit body as important as a sound mind. The objectives of the physical training classes at OCS are to develop stamina and endurance and to improve your overall physical condition so you can meet demanding physical fitness requirements. These objectives are accomplished primarily through the use of a running program



Physical Readiness Standards



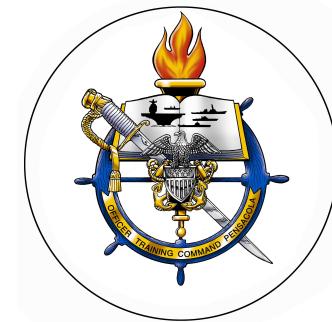
Physical Training Outline

The following is an outline of the components of the Navy PRT (Flexibility, Muscular Endurance, and Cardiovascular Endurance) as well as the methods by which these areas of physical readiness will be tested and measured:

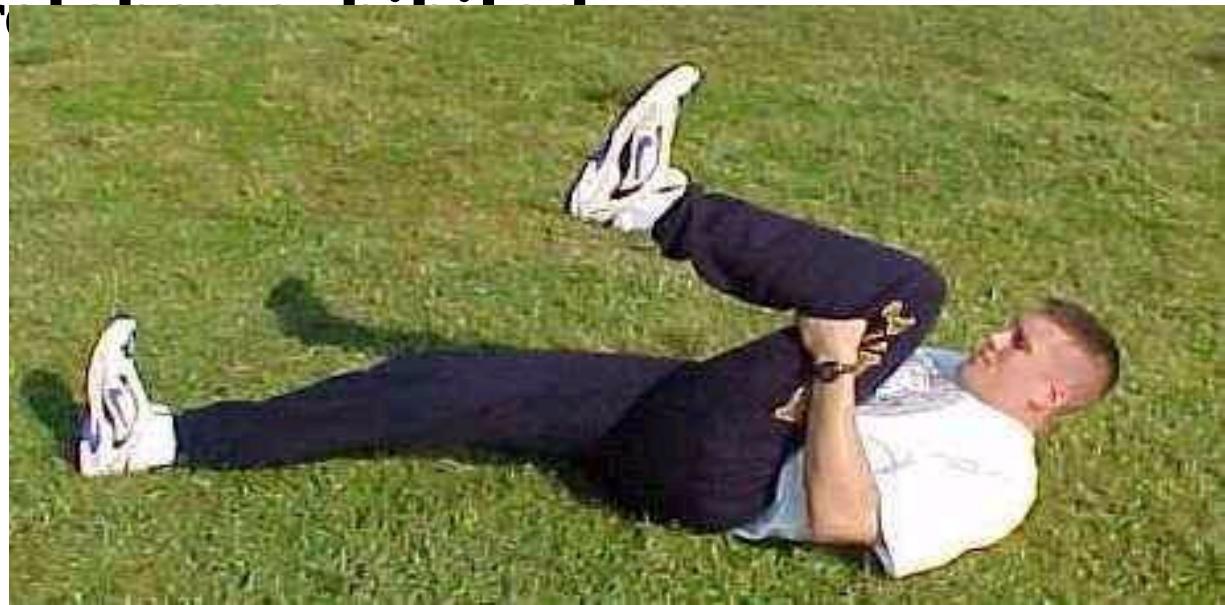
- Calisthenics
- Aquatics
- Height and Weight Standards
- The Physical Readiness Test (PRT)
 - Warm-Up
 - The Sit-Reach
 - The Curl-Up
 - The Push-Up
 - Cardiovascular Event
 - Cool Down
- PRT Standards
- Conditioning Program for Officer Candidates
- Resources
- Overview of Physical Training

Physical Readiness Standards

Calisthenics Program



Prior to commencing exercise, it is essential to stretch out your muscles to prevent injury, as well as to achieve optimum performance. Each morning of physical training at OCS and before all PRT tests, you will perform the routine of stretching exercises.

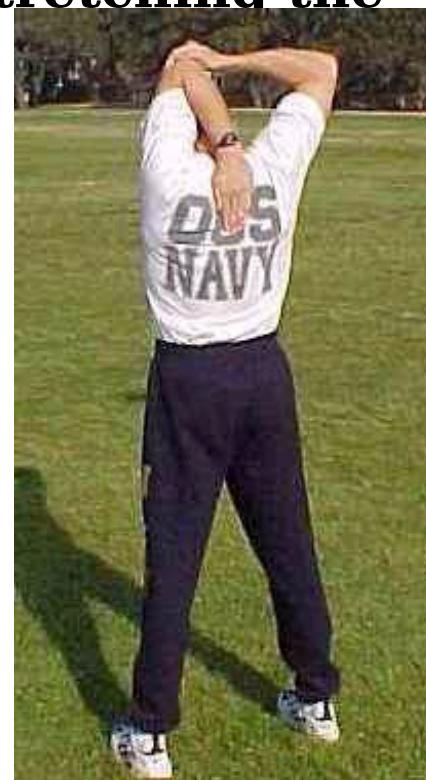


Physical Readiness Standards



Calisthenics Program - Triceps

Standing with feet shoulder width apart, raise arm over head, bending at the elbow, and place hand centered between shoulder blades. Apply slight pressure to elbow with other hand, stretching the tricep.



Physical Readiness Standards



Calisthenics Program - Chest Stretch

Standing with feet shoulder width apart, clasp hands together behind back, interlacing fingers, and lift upward to stretch the chest.



Physical Readiness Standards



Calisthenics Program - ITB Stretch

Standing with one foot crossed over the other at the ankle, place one hand on the hip. Extend the other arm upward, over the head, bending the torso to stretch the Ilio-Tibialis Band.



Physical Readiness Standards



Calisthenics Program - Inside Hurdler

From a sitting position, extend one leg out while tucking the other leg in front of the hips with the knee pointed outward. Bend the torso forward toward the knee of the extended leg and grab the foot. At command "toes pointed outward", remove hand from the foot and grab the ankle and point the toes outward, stretching the back of the leg.

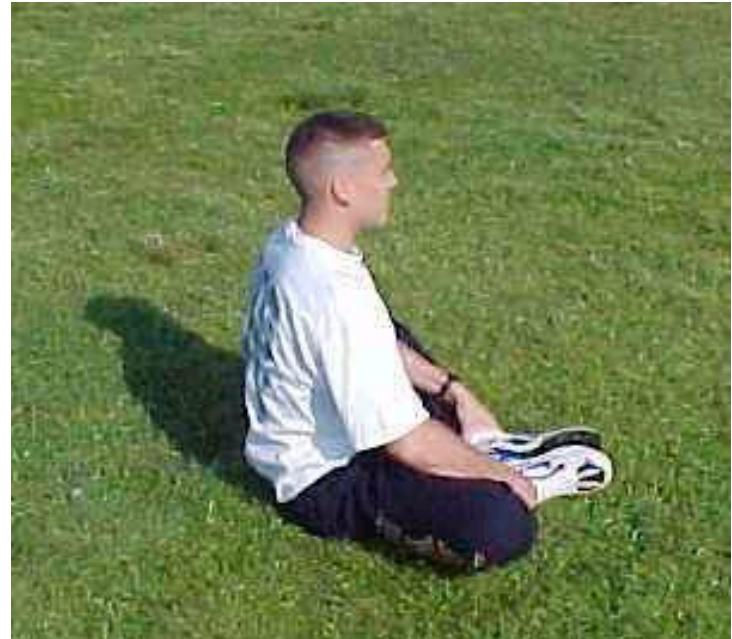
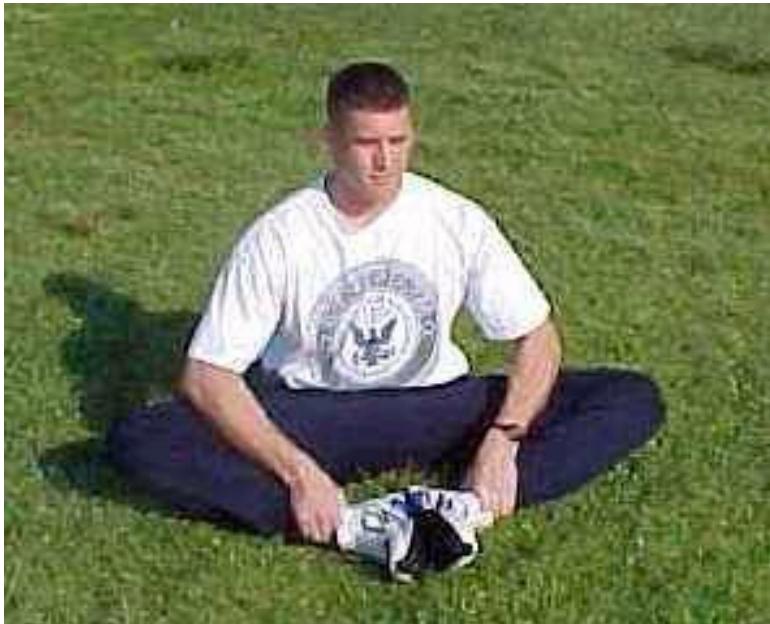


Physical Readiness Standards



Calisthenics Program - Groin Stretch

From a sitting position place both feet centered of the hips. Soles of the feet touching, with knees pointed outward stretching the groin.

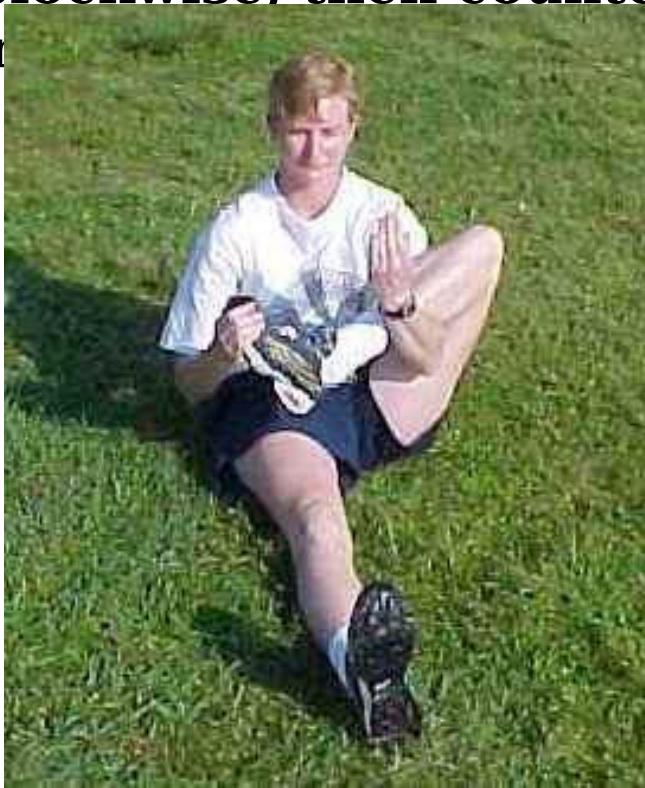


Physical Readiness Standards



Calisthenics Program - Ankle Rotation

From a sitting position, extend one leg straight out. Hold the other leg under the knee, bending the leg, and rotate the foot at the ankle with the other hand. First rotate the ankle clockwise, then counter-clockwise stretching and

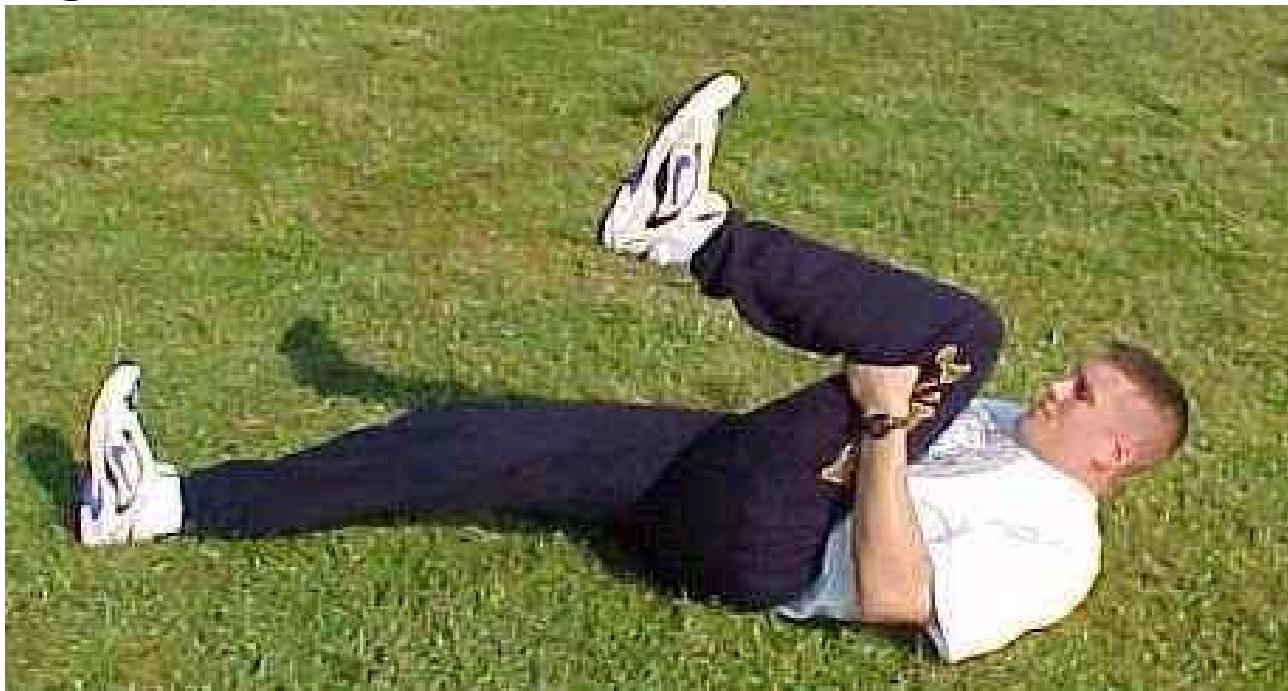


Physical Readiness Standards



Calisthenics Program - Lower Back Stretch

From a laying position, with back on the ground, extend one leg straight out, while holding the other leg behind the knee. Pull the leg towards the chest, stretching the lower back.

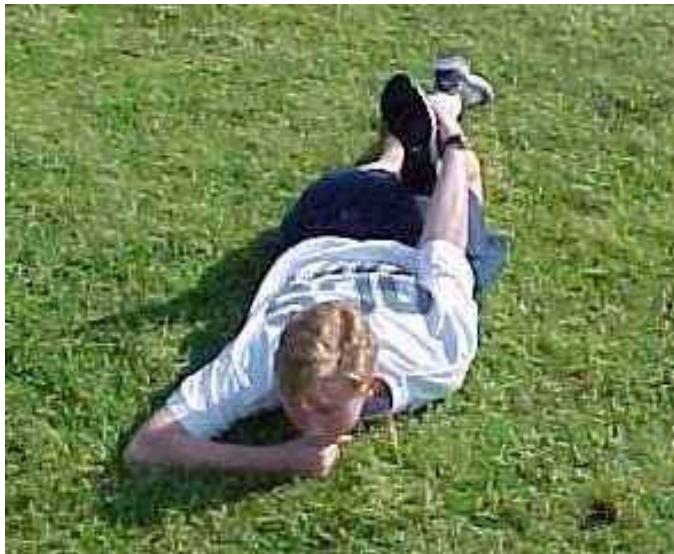


Physical Readiness Standards



Calisthenics Program - Quadriceps Stretch

From a laying position, with chest on the ground, one leg extended out, the other bent up at the knee, held at the ankle with the hand from the same side of the body. The other hand is in a fist, supporting the head under the chin.

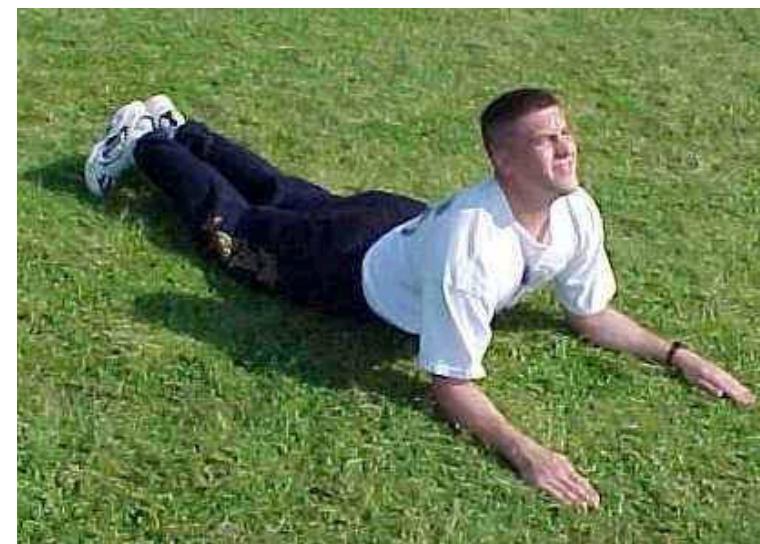
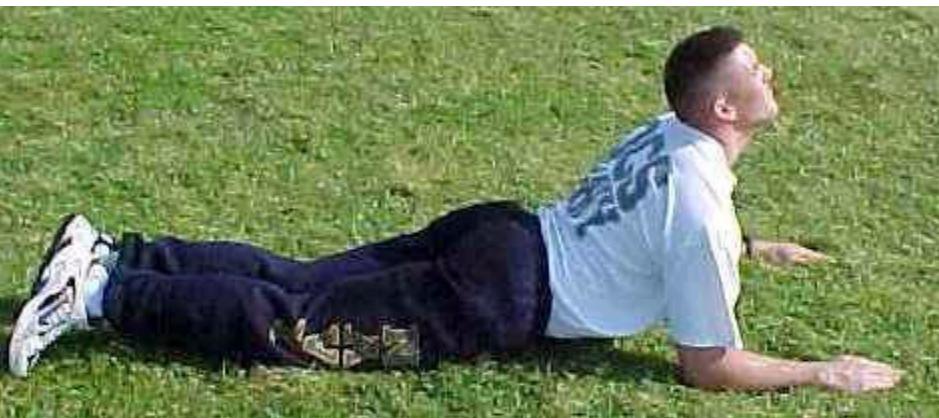


Physical Readiness Standards

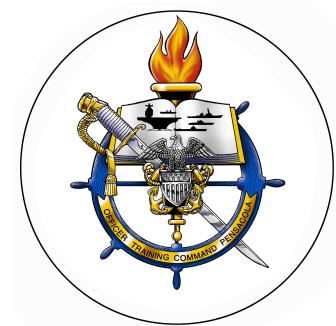


Calisthenics Program - Abdominal Stre

Laying with chest on deck, extend both legs out and together. Upper body is supported with both forearms, head tilted upward to stretch the abdomen.



Physical Readiness Standards



Calisthenics Program - Posterior Shoulder Stretch

In kneeling position, one arm is crossed across the body, and held down at the wrist by the other hand. Lean upper torso in the direction away from the hands. stretching the posterior muscles of the

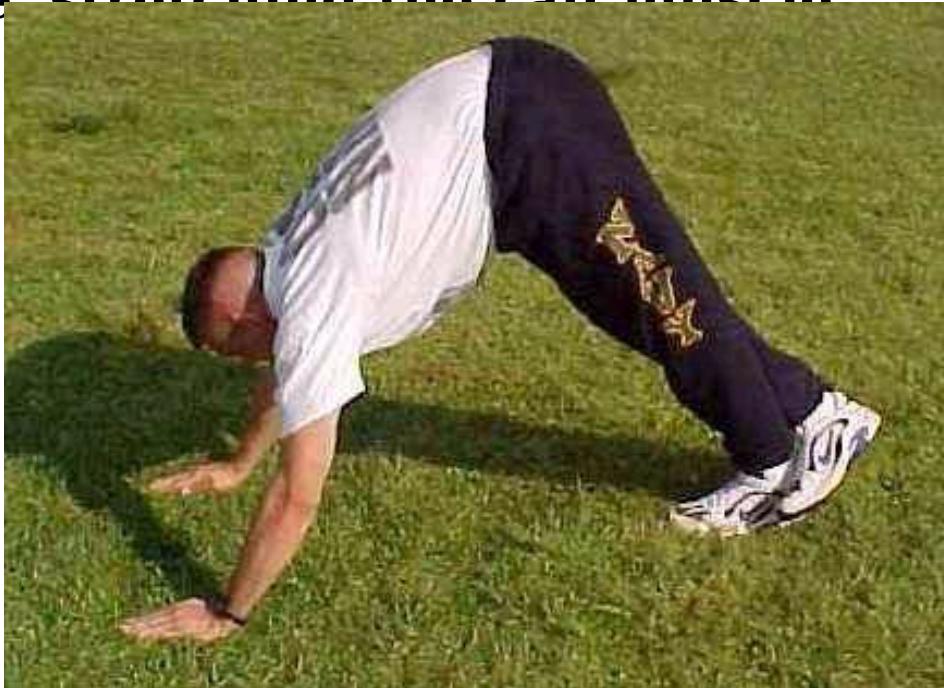


Physical Readiness Standards



Calisthenics Program - Calf Stretch

From the push-up position, walk feet towards the hands, bending upward at the hips, keeping hands planted. With legs straight, and feet flat on the ground, place one foot on the back of the other foot at the ankle stretching the calf muscle.



Physical Readiness Standards



Calisthenics Program - Video

This video demonstrates the proper calisthenics forms as discussed.



Physical Readiness Standards



Pre-Commissioning Swim Requirements

The Third Class Swim Test is administered early in the training program:

- Candidates who have difficulties with the test, will be placed in a training hold status until they pass the swim test. Candidates will receive extra instruction and will continue with training upon successful completion of the third class swim test.
- Candidates who are evaluated as being unsafe in the water will be removed from training and given remedial swim training.
- Candidates who are unable to successfully complete the swim test, following extensive remedial instruction, will be considered for removal from the program.

Physical Readiness Standards



Third Class Swim Test - Abandon Ship

Jump from a 12 foot tower to simulate abandoning ship.



Physical Readiness Standards



Third Class Swim Test - 50 yd Swim

Using any single following stroke or combination of the crawl, breaststroke, sidestroke, and elementary backstroke.



Physical Readiness Standards



Third Class Swim Test - 5 minute Prone

Remain afloat face down, utilizing survival floating skills, for five minutes.



Physical Readiness Standards



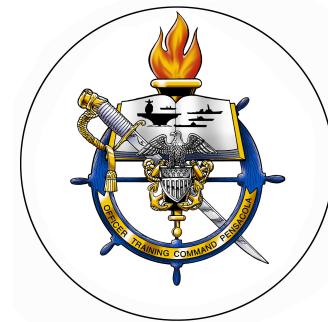
Third Class Swim Test - Shirt and Trouser In

Fill a shirt and pair of trousers with air to remain afloat.



***** IN ALL EVENTS THE SWIMMER MUST APPEAR
SAFE, CALM, AND RELAXED *****

Physical Readiness Standards



Height and Weight Standards

All Navy personnel must be within the prescribed height and weight standards. The maximum weight for height standard chart is displayed in the following slides. However, to complete this training, candidates must review OPNAVINST 6110.1G regarding Body Composition Assessment. OPNAVINST 6110.1G can be found at:

<http://neds.nebt.daps.mil/6110.htm> (Encl. 6)

Physical Readiness Standards



Height and Weight Standards

MAXIMUM WEIGHT FOR HEIGHT SCREENING TABLE

Maximum Weight in Pounds

Maximum Weight Men	Member's Height (Inches) less than or equal to	Maximum Weight Women
97	51	109
102	52	113
107	53	116
112	54	120
117	55	124
122	56	127
127	57	131
132	58	134
137	59	138
142	60	142
147	61	145
152	62	149
157	63	152
162	64	156
167	65	160
172	66	163
177	67	167
182	68	170
188	69	174

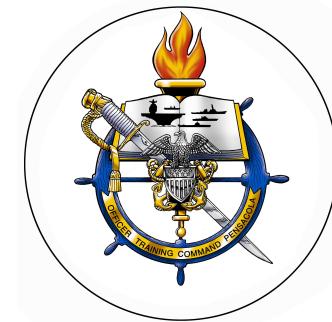
Physical Readiness Standards

Height and Weight Standards



Maximum Weight Men	Member's Height (Inches) less than or equal to	Maximum Weight Women
192	70	177
196	71	181
201	72	185
206	73	188
211	74	192
216	75	195
221	76	199
226	77	203
231	78	206
236	79	210
241	80	213
246	81	217
251	82	220
256	83	224
261	84	228
266	85	231
271	86	235

Physical Readiness Standards

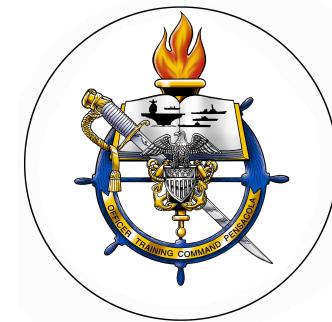


Physical Readiness Test (PRT)

- Current Physical Readiness Test (PRT) Standards are important to understand. The applicable standards are clearly defined for your age group in the following slides.
- You must pass the Physical Readiness Test with a “Satisfactory Medium” to start OCS and a “Excellent Low” to complete OCS. Your goal should be to far exceed these scores prior to arrival at OCS!
- To be clear, Officer Candidates who meet only the “Satisfactory Medium” standard will be allowed to commence training. However, if these standards are not met, then the alternative is mandatory remediation at the expense of falling behind the class you start with.

It pays to be in peak physical condition when you report

Physical Readiness Standards

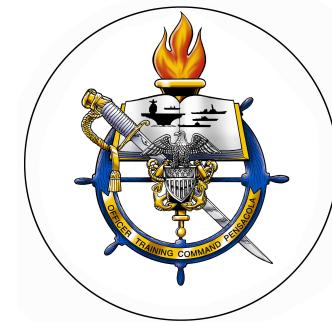


Physical Readiness Test (PRT)

Physical training instruction begins almost immediately upon arrival. You will be required to complete a physical fitness assessment (PFA) during your first week at OCS. **For our purposes the terms, PRT and PFA are synonymous.**

The PFA consists of: a sit-reach test, as many sit-ups as you can do in two minutes, as many push-ups as you can do in two minutes, and a 1.5-mile run. You should report in your best possible physical condition. The better

Physical Readiness Standards



Physical Readiness Test (PRT)

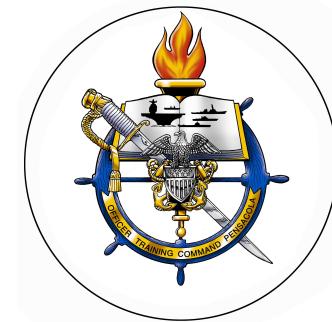
The Event Sequence (Doing the PRT):

The PRT consists of a specific sequence of events in a relatively controlled setting. PRT events shall be completed on same day, in the following sequence -

- 1. Warm-Up**
- 2. Sit-Reach**
- 3. Curl-Ups**
- 4. Push-Ups**
- 5. Cardiovascular Event (Run/Walk)**
- 6. Cool Down**

Events shall be performed allowing at least 2 minutes, but no more than 15 minutes between events.

Physical Readiness Standards

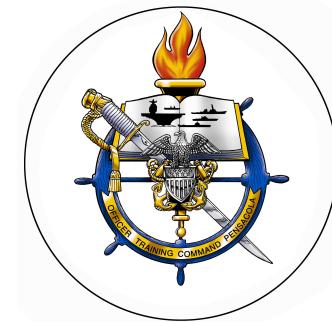


Warm-Ups

Warm-up exercises for the PRT will follow the calisthenics program described earlier. Warm-Ups may consist of all or some of the calisthenics stretches routinely used at OCS at the discretion of the Command Fitness Coordinator.



Physical Readiness Standards

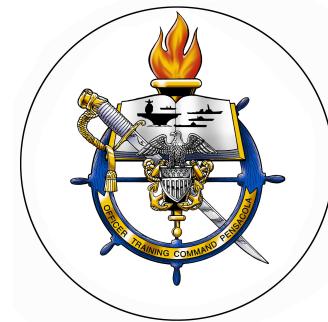


The Sit-Reach

The Sit-Reach is the first exercise to be completed during the PRT. Lack of flexibility is associated with an increased risk of injury. It is for this reason, this exercise is performed. It is intended solely to demonstrate the participant's flexibility.

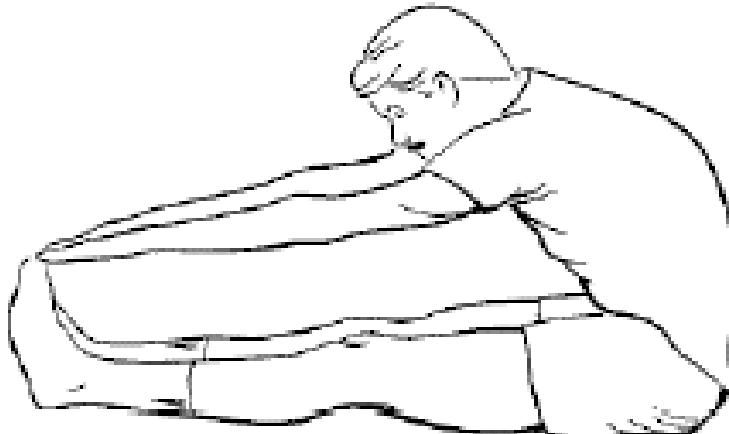
The Sit-Reach serves as an important functional measure of hip region flexibility including lower back and the back of legs. This portion of the test takes place in the following sequence after ensuring that all participants

Physical Readiness Standards

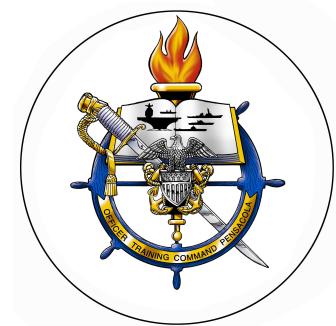


The Sit-Reach

1. Ensure proper warm-up and stretching is done prior to testing.
2. Sit on deck, legs extended, knees very slightly flexed, feet together, and toes pointed up. SHOES ARE OPTIONAL.
3. Reach slowly forward and touch toes with fingertips of both hands simultaneously.
4. Hold reach for one second. Do not bounce or lunge.

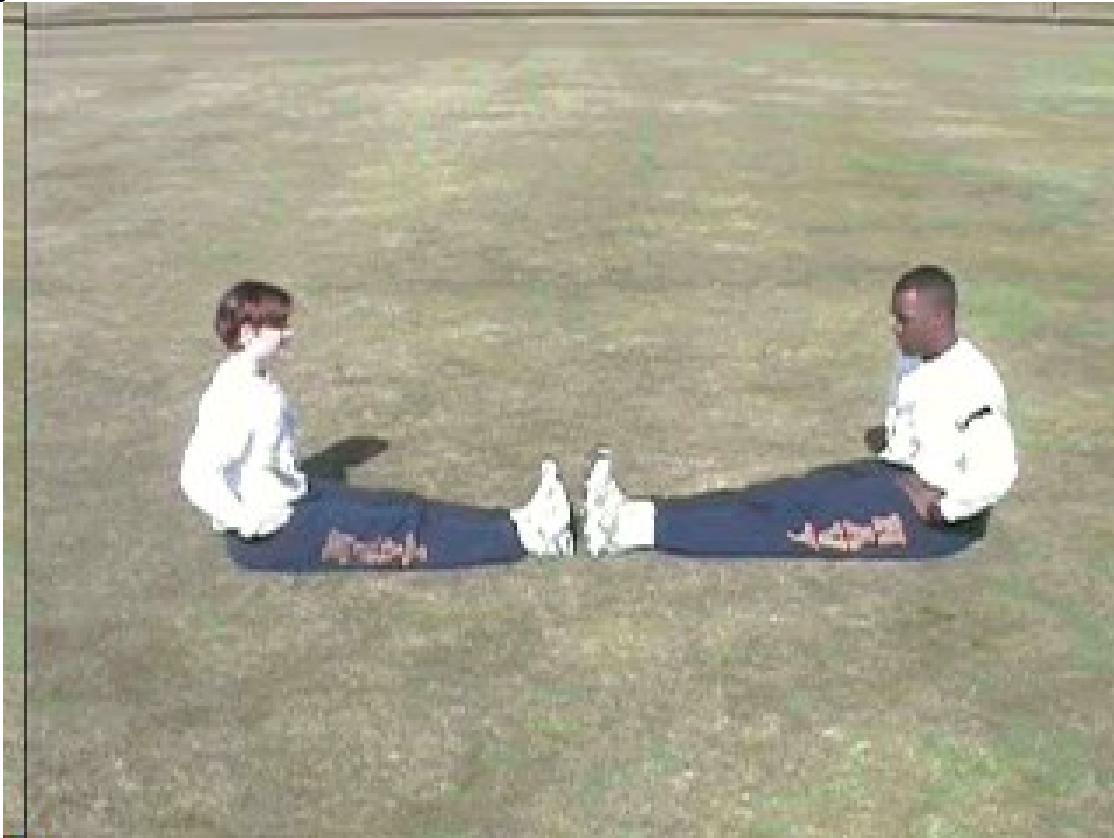


Physical Readiness Standards

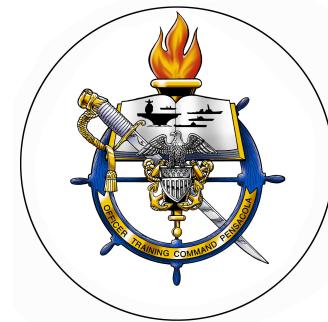


The Sit-Reach

This video demonstrates the proper sit-reach form as discussed.



Physical Readiness Standards



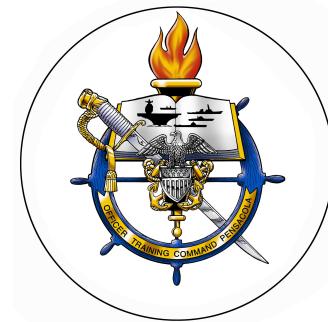
The Curl-Up

The curl-up is a demonstration of muscular endurance which demonstrates the ability to sustain muscle contractions over a period of time without undue fatigue. The curl-up exercise, when performed properly, is important in developing abdominal muscles which are key to the prevention and treatment of lower back injury.

Conducting the Curl-Up Event:

The event shall be conducted with a partner on a level surface on a blanket, mat, or other suitable padding. SHOES ARE OPTIONAL.

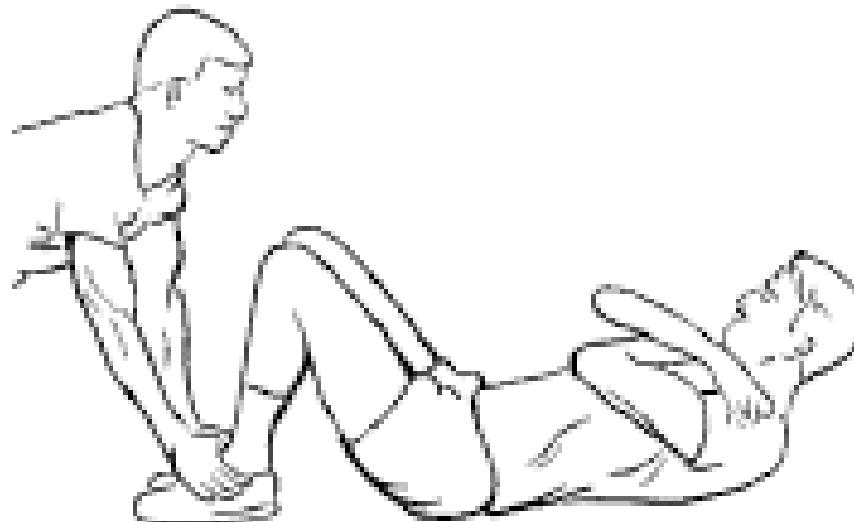
Physical Readiness Standards



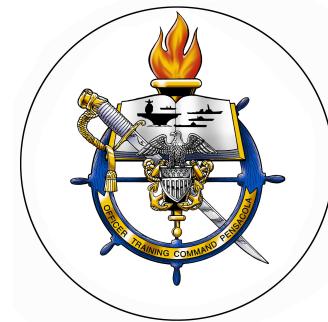
The Curl-Up

Performing the Curl-up:

1. Participants shall start by lying flat on back with knees bent, heels about 10 inches from buttocks. Arms shall be folded across and touching chest with hands touching upper chest or shoulders.
2. Feet Shall be held to floor only by partner's hands.
3. Timer shall signal start for participants and call out 15-second time intervals until two minutes have elapsed.



Physical Readiness Standards



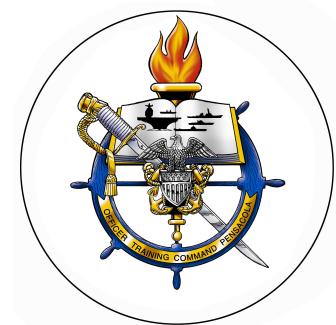
The Curl-Up

Performing the Curl-up:

4. Participants curl body up, touching elbows to thighs while keeping hands in contact with chest or shoulders.
5. After touching elbows to thighs, participants lie back, touching lower edge of shoulder blades to deck.
6. Participants may rest in either up or down position.



Physical Readiness Standards

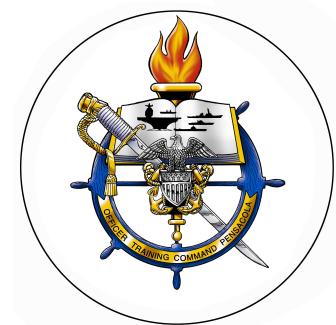


The Curl-Up - Video (Good Form)

This video demonstrates the proper curl-up form as discussed.



Physical Readiness Standards



The Curl-Up - Video (Bad Form)

This video demonstrates **IMPROPER** curl-up form.



Physical Readiness Standards



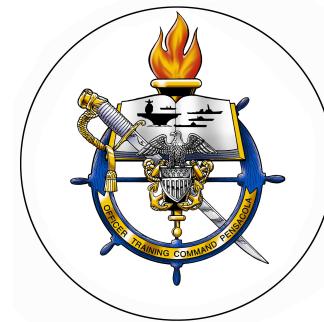
The Push-Up

The push-up is intended as a test of muscular endurance. The ability to sustain muscle contractions over a period of time without undue fatigue, curl-up and push-up events are indicators of muscular endurance though not for all muscles; curl-ups serve as a measure of abdominal muscle endurance, while push-ups indicate upper body muscular endurance.

The curl-up exercise, when performed properly, adequately indicates the strength and endurance of abdominal muscles and are an important element in the prevention and treatment of lower back injury, ~~when performing the Push-up~~: the ability to perform the common tasks of pushing, pulling and carrying.

Push-ups shall be performed on a firm or suitably padded, level surface. SHOES ARE OPTIONAL.

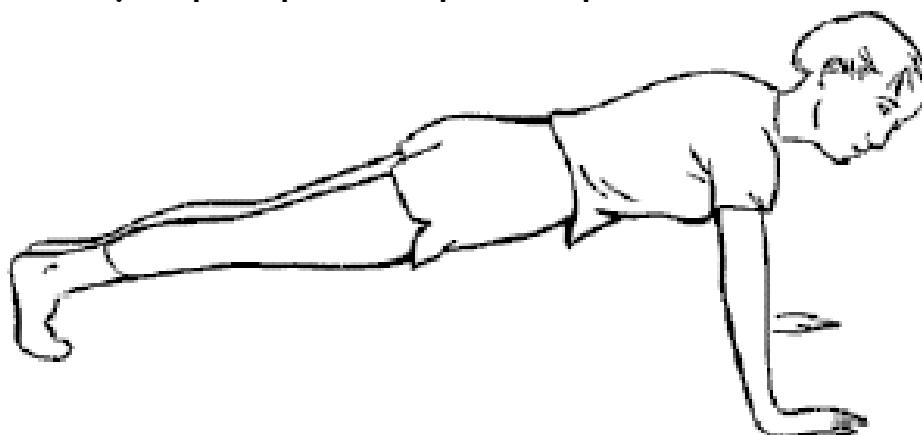
Physical Readiness Standards



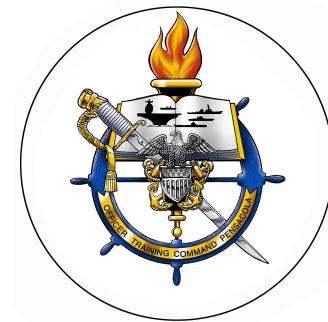
The Push-Up

Performing the Push-Up:

1. Participant shall begin in a "front-leaning rest" position, palms of hands placed on floor directly beneath or slightly wider than shoulders. Both feet together on floor.
2. Back, buttocks, and legs shall be straight from head to heels and must remain so throughout test. Palms of hands shall remain in contact with floor. Feet shall not contact a wall or other vertical support surface.
3. Time shall signal start for participants and calls out 15-second time intervals until t



Physical Readiness Standards



The Push-Up

Performing the Push-Up:

4. Participants shall lower entire body as a single unit by bending elbows until upper arms, shoulders, and lower back are aligned and parallel to deck.
5. Participants shall return to starting position by extending elbows, raising body as a single unit until arms are straight.
6. Push-Ups are repeated correctly as many times as possible in two minutes. CFLs or assistant CFLs monitor participants for correct form and counts correctly performed push-ups. Incorrect push-ups shall not be counted. Results for event ended in less than two minutes shall be number of .



Physical Readiness Standards

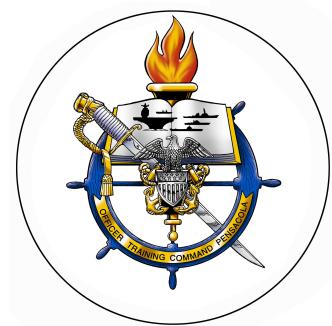


The Push-Up

Ending the Push-Up Event:

1. The event is ended if the participant touches the deck with any part of the body except hands and feet.
2. Raises one or both feet or hands off deck or ground.
3. Fails to maintain back, buttocks, and legs straight from head to heels.

Physical Readiness Standards

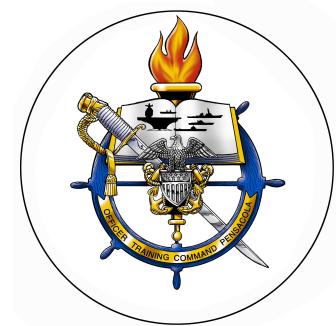


The Push-Up - Video (Good Form)

This video demonstrates the proper push-up form as discussed.



Physical Readiness Standards

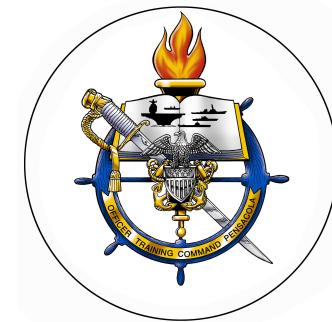


The Push-Up - Video (Bad Form)

This video demonstrates **IMPROPER** push-up form.



Physical Readiness Standards

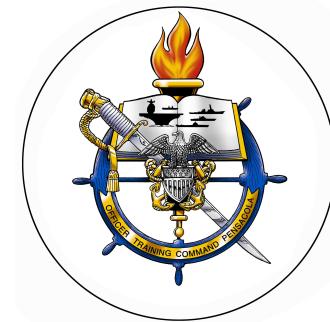


Cardiovascular Event

For the Navy PRT, cardiovascular events take two forms, the 1.5 Mile Run/Walk and the 500 Yard or 450 Meter Swim.

The event consists of running or walking 1.5 miles as quickly as possible. Any combination of running or walking is allowed to completed the event. The event shall be conducted on a flat and solid surface. At the CO's discretion, the event may be conducted on treadmill where appropriate facilities and equipment are reasonably available.

Physical Readiness Standards



OCS Exceptions

Special Note:

OPNAVINST 6110.1G, states that the 1.5 mile run/walk may be completed by running or walking or on a treadmill.

At Officer Candidate School, the **only way to complete** the 1.5 mile run/walk is to run (treadmill excluded)

Additionally, Officer Candidate School **does not allow** the 500yd/450m swim to take the place of the 1.5 mile run.

Physical Readiness Standards



Cardiovascular Event - 1.5 mile Run/Walk

The 1.5 mile run/walk event shall be conducted on a track or outdoor course as follows:

1. Participants shall stand at start line.
2. Timer shall signal start and call out time intervals until completion of test.
3. Time is recorded with stopwatch to nearest second.

Physical Readiness Standards



Cardiovascular Event - Video (Running Form)



Physical Readiness Standards



Cardiovascular Event - 500 yard Swim

The 500-Yard or 450-Meter Swim event consists of swimming 500-yards or 450-meters in the fastest time possible. The event shall only be conducted in a standard 25 or 50 yard/meter pool.

The swim event shall be conducted as follows:

- 1.** Swimmers begin test in water.
- 2.** Timer shall signal start and call out time intervals or lengths until completion of test.
- 3.** Time is recorded with stopwatch to nearest second.
- 4.** Swimmers may push off from sides with hands and feet after each pool length.
- 5.** Resting is permitted by holding side of pool, standing, or treading water.
- 6.** Swimmers may use goggles, facemasks, swimcaps, and/or ear plugs. Fins, snorkels, flotation, wet suit, and propulsion device are

Physical Readiness Standards



Cardiovascular Event - 500 yard Swim

The swim event is ended if participants:

1. Complete prescribed distance.
2. Moves forward while resting.
3. Receives or requires assistance from lifeguard or other person.



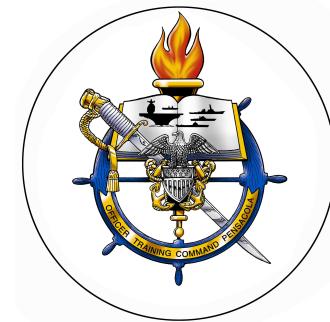
Physical Readiness Standards



Cool Down

Personnel will be encouraged to perform a three to four minute walk after performing their PRT in order to allow the body to cool-down after taxing physical exertion.

Physical Readiness Standards

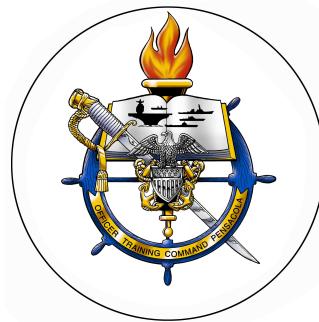


PRT Standards

Special Reminder Note:

- In order to commence training at Officer Candidate School, all Candidates must score a **SATISFACTORY MEDIUM** in all events.
- The PFA is two parts the Body Fat Composition and the Physical Fitness Assessment - **YOU MUST PASS BOTH PARTS!**
- The Physical Readiness Test is given the **TUESDAY** after arrival (This is called the **IN - PFA**) and Week Nine (Called the **OUT - PFA**)
- Swimming is **"NOT"** a part of the OCS PFA Regiment. Swimming skills are only required for the "Third Class Swim Test"
- Review the Physical Readiness Test Standards section (next) for your gender and age group to ensure that you meet those minimum standards prior to arrival.

Physical Readiness Standards



PRT Standards - MALES

Performance		Points	Males: Age 20-24 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	105	87	8:30	6:30	6:20
Outstanding	Medium	95	103	86	9:00	7:00	6:50
Outstanding	Low	90	98	81	9:15	7:30	7:20
Excellent	High	85	94	77	9:45	8:00	7:50
Excellent	Medium	80	90	74	10:00	8:15	8:05
Excellent	Low	75	87	71	10:30	8:45	8:35
Good	High	70	78	64	10:45	9:30	9:20
Good	Medium	65	66	55	11:30	10:30	10:20
Good	Low	60	58	47	12:00	11:30	11:20
Satisfactory	High	55	54	45	12:45	12:00	11:50
Satisfactory	Medium	50	50	42	13:15	12:15	12:05
Probationary		45	46	37	13:30	13:00	12:50

Physical Readiness Standards



PRT Standards - MALES

Performance		Points	Males: Age 25-29 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	101	84	8:55	6:38	6:28
Outstanding	Medium	95	100	82	9:23	7:08	6:58
Outstanding	Low	90	95	77	9:38	7:38	7:28
Excellent	High	85	91	73	10:15	8:08	7:58
Excellent	Medium	80	87	69	10:30	8:23	8:13
Excellent	Low	75	84	67	10:52	8:53	8:43
Good	High	70	75	60	11:23	9:38	9:28
Good	Medium	65	62	51	12:15	10:38	10:28
Good	Low	60	54	44	12:53	11:38	11:28
Satisfactory	High	55	50	41	13:23	12:08	11:58
Satisfactory	Medium	50	47	38	13:45	12:23	12:13
Probationary		45	43	34	14:00	13:08	12:58

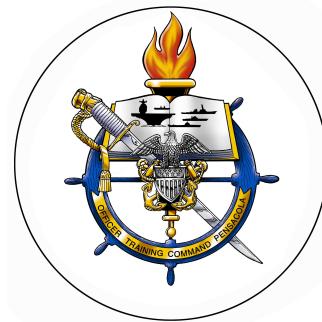
Physical Readiness Standards



PRT Standards - MALES

Performance		Points	Males: Age 30-34 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	98	80	9:20	6:45	6:35
Outstanding	Medium	95	97	78	9:45	7:15	7:05
Outstanding	Low	90	92	74	10:00	7:45	7:35
Excellent	High	85	88	69	10:30	8:15	8:05
Excellent	Medium	80	85	67	11:00	8:30	8:20
Excellent	Low	75	81	64	11:15	9:00	8:50
Good	High	70	73	57	12:00	9:45	9:35
Good	Medium	65	59	48	13:00	10:45	10:35
Good	Low	60	51	41	13:45	11:45	11:35
Satisfactory	High	55	47	38	14:00	12:15	12:05
Satisfactory	Medium	50	44	35	14:15	12:30	12:20
Probationary		45	40	31	14:30	13:15	13:05

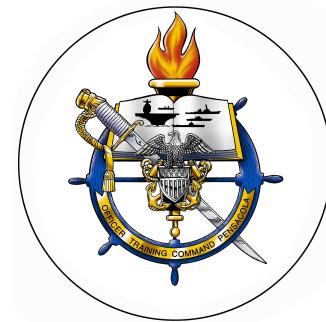
Physical Readiness Standards



PRT Standards - FEMALES

Performance		Points	Females: Age 20-24 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	105	48	9:47	7:15	7:05
Outstanding	Medium	95	103	47	11:15	8:00	7:50
Outstanding	Low	90	98	44	11:30	8:45	8:35
Excellent	High	85	94	43	12:15	9:15	9:05
Excellent	Medium	80	90	40	12:45	9:45	9:35
Excellent	Low	75	87	39	13:15	10:00	9:50
Good	High	70	78	33	13:30	11:00	10:50
Good	Medium	65	66	28	13:45	12:15	12:05
Good	Low	60	58	21	14:15	13:15	13:05
Satisfactory	High	55	54	20	15:00	13:45	13:35
Satisfactory	Medium	50	50	17	15:15	14:00	13:50
Probationary		45	46	16	15:30	14:30	14:20

Physical Readiness Standards



PRT Standards - FEMALES

Performance		Points	Females: Age 25-29 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	101	46	10:17	7:23	7:13
Outstanding	Medium	95	100	45	11:30	8:15	7:58
Outstanding	Low	90	95	43	11:45	9:00	8:50
Excellent	High	85	91	41	12:30	9:30	9:20
Excellent	Medium	80	87	39	13:00	10:00	9:50
Excellent	Low	75	84	37	13:23	10:15	10:05
Good	High	70	75	30	14:00	11:15	11:05
Good	Medium	65	62	26	14:30	12:30	12:20
Good	Low	60	54	19	14:53	13:30	13:20
Satisfactory	High	55	50	18	15:23	13:53	13:43
Satisfactory	Medium	50	47	15	15:45	14:15	14:05
Probationary		45	43	13	16:08	14:45	14:35

Physical Readiness Standards



PRT Standards - FEMALES

Performance		Points	Females: Age 30-34 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
Outstanding	High	100	98	44	10:46	7:30	7:20
Outstanding	Medium	95	97	43	11:45	8:30	8:20
Outstanding	Low	90	92	41	12:00	9:15	9:05
Excellent	High	85	88	39	12:45	9:45	9:35
Excellent	Medium	80	85	37	13:15	10:15	10:05
Excellent	Low	75	81	35	13:30	10:30	10:20
Good	High	70	73	28	14:30	11:30	11:20
Good	Medium	65	59	24	15:15	12:45	12:35
Good	Low	60	51	17	15:30	13:45	13:35
Satisfactory	High	55	47	15	15:45	14:00	13:50
Satisfactory	Medium	50	44	13	16:15	14:30	14:20
Probationary		45	40	11	16:45	15:00	14:50

Physical Readiness Standards



PRT Standards - Scoring

Example for 25 year-old female

Step 1. Determine points for each event.

Event	Performance	Performance Category-Level	Points
Curl-ups	91	Excellent High	85
Push-ups	26	Good Medium	65
Run	15:23	Satisfactory High	55

Step 2. Add points for individual events.

$$85 + 65 + 55 = 205 \text{ points.}$$

Step 3. Divide total points by three.

$$205 \text{ divided by } 3 = 68.3.$$

Step 4. Assign performance category-level.

(Category-level is not achieved unless average equals or exceeds points corresponding to category-level.) 68 points equals "Good Medium".

Physical Readiness Standards



Conditioning Program for Officer Candidates

- THIS CONDITIONING PROGRAM WAS DESIGNED AS A GUIDE TO HELP PREPARE YOU TO MEET THE PHYSICAL DEMANDS OF OFFICER CANDIDATE TRAINING.
- IF DURING ANY TRAINING SESSION YOU EXPERIENCE SHARP PAIN, PAIN LOCALIZED TO A JOINT OR SEVERE EXHAUSTION, YOU SHOULD STOP IMMEDIATELY AND SEEK MEDICAL ATTENTION.
- PRIOR TO ANY TRAINING REGIMEN, THE CANDIDATE SHOULD ALWAYS BEGIN WITH A PERIOD OF STRETCHING. THIS IMPROVES FLEXIBILITY, DECREASES MUSCLE SORENESS AND PREVENTS INJURY. ALL STRETCHING IS DONE WITHOUT BOUNCING AND IS HELD FOR 15 SECONDS.

Physical Readiness Standards



Conditioning Program - Running

USE THE PROGRAM AS FOLLOWS:

THE **RUN STAGE PLACEMENT CHART** (NEXT SLIDE):

ON THE LEFT SIDE LOCATE WHERE YOU FALL ON THE TOTAL MILES YOU HAVE RUN OVER THE LAST 4 WEEKS. THEN MOVE TO THE EXTREME RIGHT AND LOCATE YOUR STARTING STAGE.

Physical Readiness Standards



Conditioning Program - Running

RUN STAGE PLACEMENT CHART

<u>Total miles run during the last 4 weeks</u>	<u>1.5 Miles Mile run time</u>	<u>1 Mile Female Run Time</u>	<u>Starting Stage</u>
Less than 9			1
9.1 - 12			2
12.1 - 15			3
15.1 - 18			4
18.1 - 21			5
21.1 - 24			6
24.1 - 27			7
27.1 - 30			8
30.1 - 36			9
36 - +			10

NOW MOVE TO THE RUNNING PROGRAM CHART- >

Physical Readiness Standards

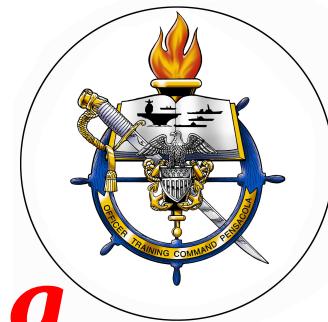


Conditioning Program - Running

THE RUNNING PROGRAM CHART (NEXT SLIDE):

- ENTER AT YOUR STARTING STAGE LEVEL. NOW FOLLOW THE DISTANCE, TIME GOAL AND FREQUENCY AS NOTED.
- IF YOU ARE AN EXPERIENCED RUNNER, START AT THE STAGE AND DISTANCE YOU NORMALLY RUN AND PROGRESS FROM THERE.
- WHEN YOU ARE TESTED ON THE 1.5 MILE RUN AT OCS, MALES WILL BE REQUIRED TO COMPLETE THE RUN IN 13.45 MINUTES AND

Physical Readiness Standards



Conditioning Program - Running

RUNNING PROGRAM

<u>STAGE</u>	<u>ACTIVITY</u>	<u>DISTANCE (miles)</u>	<u>TIME GOAL (minutes)</u>	<u>TIMES PER WEEK</u>
1	WALK	2	32	3
2	WALK	3	48	3
3	Run 2 Min./ Walk 3 Min. Repeat 5 Times		25	3
4	Run 3 Min./ Walk 2 Min. Repeat 5 Times		25	3
5	Run 4 Min./ Walk 1 Min. Repeat 5 Times		25	3

Continued on Next Slide ->

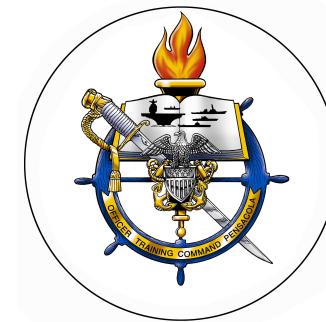
Physical Readiness Standards

Conditioning Program - Running



STAGE	ACTIVITY	DISTANCE (miles)	TIME GOAL (minutes)		TIMES PER WEEK
			Male	Female	
6	Run	2	22	24	3
7	Run	2	20	22	3
8	Run	2 ½	25	27	3
9	Run	2 ½	23	25	3
10	Run	3	30	33	3
11	Run	3	27	30	3
12	Run	3	24	27	3
13	Run	3	24	27	3
14	Run	3	24	27	3
15	Run	3	24	27	3
16	Run	3	23	26	3
17	Run	3	23	26	3
18	Run	3	22	25	3
19	Run	3	22	25	3
20	Run	3	21	24	3
21	Run	3	21	24	3
22	Run	3 ½	25	28	3
23	Run	3 ½	24	27	3
24	Run	4	28	32	3

Physical Readiness Standards



Conditioning Program - Sit-ups

TO PREPARE: IF YOU HAVE NOT BEEN PERFORMING SIT-UPS PRIOR TO THIS PROGRAM, IT IS RECOMMENDED THAT YOU ALLOW YOURSELF A WEEK OF GRADUAL INCREASE IN INTENSITY. FOR THE FIRST 3 SESSIONS, DO 3 SETS OF SIT-UPS STOPPING AT THE FIRST SIGN OF ABDOMINAL FATIGUE, ALLOWING 2 MINUTES OF REST BETWEEN EACH SET.

AFTER 1 WEEK (3 SESSIONS) OF ABDOMINAL ACCLIMATION, YOU SHOULD DO AS MANY SIT-UPS AS YOU CAN IN TWO MINUTES. REST FOR TWO MINUTES, DO ANOTHER SET OF AS MANY AS YOU CAN. REST AGAIN FOR TWO MINUTES AND THEN A THIRD SET OF AS MANY AS YOU CAN IN TWO MINUTES. THESE 3 SETS OF MAXIMUM EFFORT SIT-UPS SHOULD BE DONE 3 TIMES A WEEK.

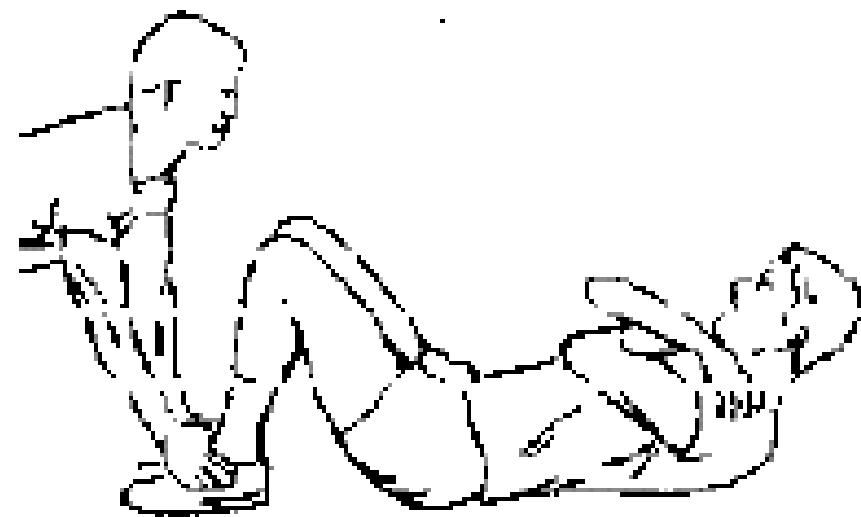
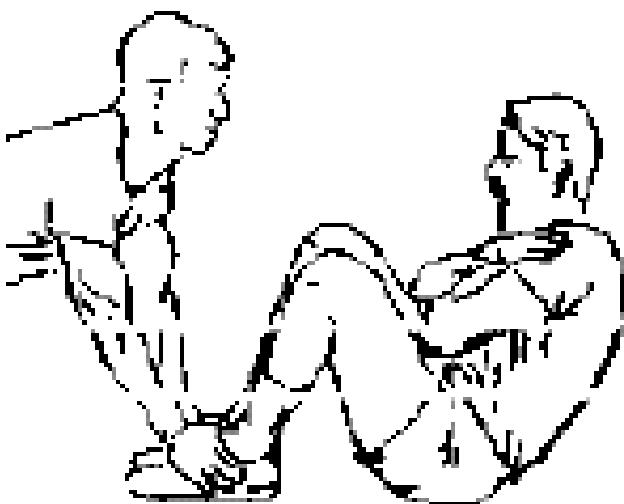
REMEMBER 40 AND 33 ARE THE MINIMUMS. TO GET AN OUTSTANDING BOTH MALES AND FEMALES WOULD HAVE TO DO 84 SIT-UPS IN 2 MINUTES.

Physical Readiness Standards

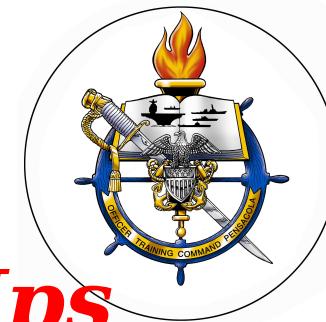


Conditioning Program - Sit-ups

SIT-UPS WILL BE PERFORMED WITH YOUR KNEES AT A 90-DEGREE ANGLE, BOTH FEET FLAT ON THE DECK AND SOMEONE HOLDING YOUR ANKLES. CROSS YOUR ARMS ACROSS YOUR CHEST. YOU MUST TOUCH YOUR THIGHS WITH YOUR ELBOWS ON THE FLEXION PHASE, AND THE LOWER EDGE OF THE SHOULDER BLADES ON THE EXTENSION PHASE. THE MINIMUM FOR MALES IS 40 IN TWO MINUTES AND 33 FOR FEMALES.



Physical Readiness Standards



Conditioning Program - Push-Ups

TO PREPARE: IF YOU HAVE NOT BEEN DOING PUSH-UPS PRIOR TO THIS PROGRAM IT IS RECOMMENDED THAT YOU ALLOW YOURSELF A WEEK OF GRADUAL INCREASE IN INTENSITY. FOR THE FIRST 3 SESSIONS YOU SHOULD DO 3 SETS OF PUSH-UPS, EACH 2 MINUTES APART, STOPPING AT THE FIRST SIGN OF ARM OR SHOULDER FATIGUE.

AFTER A WEEK (3 SESSIONS) YOU SHOULD DO A REGIMEN OF 6 SETS. THE FIRST 2 SETS WOULD BE TO PERFORM AS MANY PUSH-UPS AS YOU CAN IN 30 SECONDS. THEN 2 SETS OF AS MANY AS YOU CAN FOR 20 SECONDS FOLLOWED BY 2 SETS OF MAXIMUM EFFORT IN 15 SECONDS.

REMEMBER TO FIRST WARM-UP AND STRETCH PRIOR TO ANY PHYSICAL TRAINING AND ALWAYS USE PROPER FORM. APPROXIMATELY EVERY TWO WEEKS ATTEMPT A SINGLE MAXIMUM SET FOR TWO MINUTES AND RECORD YOUR PROGRESS.

Physical Readiness Standards

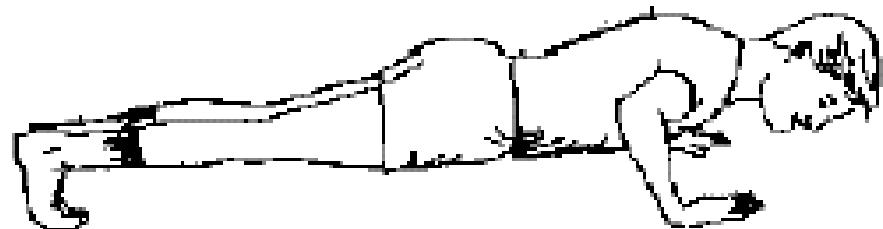
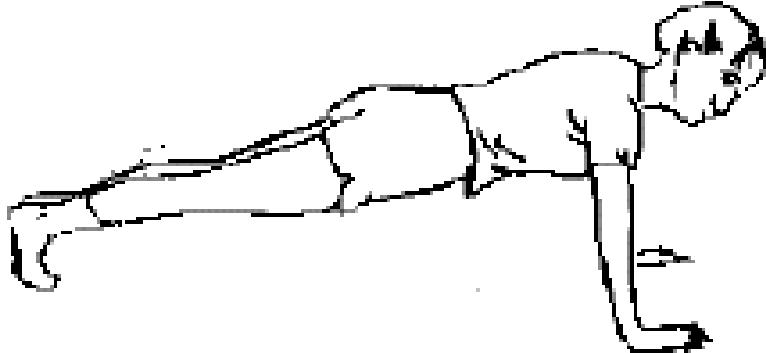


Conditioning Program - Push-Ups

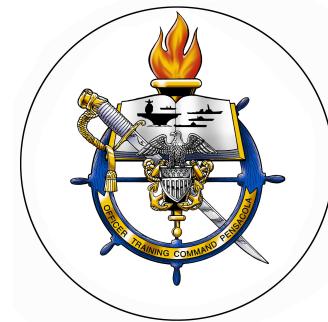
ALWAYS USE CORRECT FORM TO PREVENT INJURY. START IN THE REST POSITION WITH BOTH HANDS FLAT ON THE DECK AND SHOULDER WIDTH APART WITH YOUR FEET TOGETHER.

YOUR BACK, BUTTOCKS AND LEGS MUST BE STRAIGHT. LOWER YOUR BODY TOWARDS THE DECK UNTIL YOUR UPPER ARMS, SHOULDERS AND BACK ARE PARALLEL TO THE DECK. RETURN TO THE STARTING POSITION BY

~~EXTENDING YOUR ARMS~~



Physical Readiness Standards

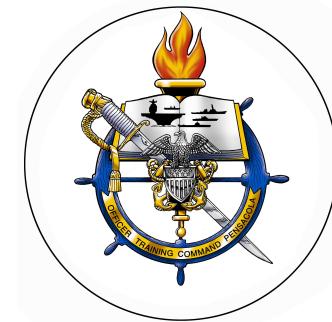


Resources

All information regarding physical readiness for the Navy can be found under OPNAVIST 6110.1G at:

<http://neds.nebt.daps.mil/6110.htm>

Physical Readiness Standards



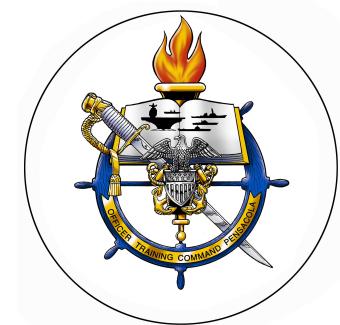
Overview

THIS OVERVIEW IS INTENDED TO GIVE YOU A BASIC GUIDELINE TO HELP PREPARE YOU FOR THE RIGORS OF OFFICER CANDIDATE TRAINING.

CERTAINLY IF YOU ARE ALREADY INVOLVED IN A MORE INTENSIVE PHYSICAL TRAINING PROGRAM WE URGE YOU TO CONTINUE!



Physical Readiness Standards



Overview



**ARRIVING HERE DOES NOT GUARANTEE THAT YOU WILL BECOME A NAVAL OFFICER. IT TAKES A GREAT DEAL OF MOTIVATION AND SACRIFICE. THAT MOTIVATION BEGINS TODAY.
GET IN SHAPE!**